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ABSTRACT

This book is designed to help the student learn how to study effectively. The focus is on finding one's own learning style and working with it to improve studying and learning. The following chapters are included: (1) "Getting Started"; (2) "Discovering How You Learn"; (3) "Looking and Listening"; (4) "Making Images, Making Order, Making Sense"; (5) "Learning by Doing"; (6) "Making Study Do-able"; (7) "Knowing What You Know"; (8) "Knowing When You Don't Know"; (9) "Getting Involved in Learning"; (10) "Getting More out of Reading"; (11) "Remembering What You've Learned"; (12) "Getting the Most from a Lecture"; (13) "Getting the Most from Class Participation"; (14) "Getting the Most from a Class Discussion Group"; (15) "Making Yourself Understood"; (16) "Working with a Study Buddy"; (17) "Being Your Own Partner"; (18) "Preparing for Short-Answer Tests"; (19) "Preparing for Essay Tests"; and (20) "Knowing When You Need Help." An appendix lists additional resources to help the student get more from studying. (SLD)

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